

Association between Sleep Disorders and Severity of Burnout Syndrome in Firefighters

Zohreh Yazdi¹, Ameneh Barikani², Shabnam Jalilolghadr³, Javad Abbasali Madday¹, Hesam Alrefaie¹

1 Social Determinants of Health Research Center, Qazvin University of Medical Sciences, Qazvin, Iran

2 Metabolic Disease Research Center, Qazvin University of Medical Sciences, Qazvin, Iran

3 Children Growth and Development Research Center, Qazvin University of Medical Sciences, Qazvin, Iran

Objective

Job burnout is a response to high workload and excessive demands in the workplace. It induces many adverse health outcome and job dissatisfaction. The aim of this study was assessment frequency of sleep disorders and its relation with severity of burnout syndrome in firefighters.

Methods

This study was designed as a cross-sectional study. The data was col-

lected by using a comprehensive questionnaire including Pittsburgh Sleep Quality Index, Insomnia Severity Index and Maslach burnout index. Participants were asked questions about their personal information. These questionnaires were then filled in by 120 firefighters.

Results

Mean age of participants was 32.6 ± 4.7 years. Prevalence of poor quality of sleep and insomnia were 42 (35%) and 27 (22.5%), respectively. 86 (71.6%) of firefighters suffering from mild burnout, while 34 (28.3%) of them suffering from moderate and severe burnout. There was significant association between burnout and severity of insomnia ($\rho=0.3$, $p=0.01$). We could not find significant association between poor quality of sleep and burnout ($P>0.05$).

Conclusion

The results of the present study provide support for a relationship between burnout and disturbed sleep, as shown by the high prevalence of insomnia among firefighters with high levels of burnout.